

## Full Report (All Nutrients) 01111, Milk shakes, thick vanilla

Report Date: July 05, 2017 04:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 28.4g	1 container (11 oz) 313g
<b>Proximates</b>						
Water	g	74.45	10	0.833	21.14	233.03
Energy	kcal	112	--	--	32	351
Energy	kJ	468	--	--	133	1465
Protein	g	3.86	10	0.098	1.10	12.08
Total lipid (fat)	g	3.03	10	0.140	0.86	9.48
Ash	g	0.91	10	0.022	0.26	2.85
Carbohydrate, by difference	g	17.75	--	--	5.04	55.56
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	17.75	--	--	5.04	55.56
<b>Minerals</b>						
Calcium, Ca	mg	146	10	5.810	41	457
Iron, Fe	mg	0.10	10	0.006	0.03	0.31
Magnesium, Mg	mg	12	10	0.510	3	38
Phosphorus, P	mg	115	10	4.081	33	360
Potassium, K	mg	183	10	9.417	52	573
Sodium, Na	mg	95	10	2.244	27	297
Zinc, Zn	mg	0.39	10	0.045	0.11	1.22
Copper, Cu	mg	0.051	--	--	0.014	0.160
Manganese, Mn	mg	0.014	--	--	0.004	0.044
Selenium, Se	µg	2.3	--	--	0.7	7.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

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Thiamin	mg	0.030	1	--	0.009	0.094
Riboflavin	mg	0.195	1	--	0.055	0.610
Niacin	mg	0.146	1	--	0.041	0.457
Pantothenic acid	mg	0.368	--	--	0.105	1.152
Vitamin B-6	mg	0.042	1	--	0.012	0.131
Folate, total	µg	7	1	--	2	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	1	--	2	22
Folate, DFE	µg	7	--	--	2	22
Choline, total	mg	14.3	--	--	4.1	44.8
Vitamin B-12	µg	0.52	1	--	0.15	1.63
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	25	--	--	7	78
Retinol	µg	25	--	--	7	78
Carotene, beta	µg	5	--	--	1	16
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	91	--	--	26	285
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.01	0.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	0.3	3.8
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0.3	3.8
Vitamin D	IU	48	--	--	14	150
Vitamin K (phylloquinone)	µg	0.2	--	--	0.1	0.6
<b>Lipids</b>						
Fatty acids, total saturated	g	1.886	--	--	0.536	5.903
4:0	g	0.098	--	--	0.028	0.307
6:0	g	0.058	--	--	0.016	0.182
8:0	g	0.034	--	--	0.010	0.106
10:0	g	0.076	--	--	0.022	0.238
12:0	g	0.085	--	--	0.024	0.266

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14:0	g	0.305	--	--	0.087	0.955
16:0	g	0.797	--	--	0.226	2.495
18:0	g	0.367	--	--	0.104	1.149
Fatty acids, total monounsaturated	g	0.875	--	--	0.248	2.739
16:1 undifferentiated	g	0.068	--	--	0.019	0.213
18:1 undifferentiated	g	0.762	--	--	0.216	2.385
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.113	--	--	0.032	0.354
18:2 undifferentiated	g	0.068	--	--	0.019	0.213
18:3 undifferentiated	g	0.044	--	--	0.012	0.138
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	12	--	--	3	38
<b>Amino Acids</b>						
Tryptophan	g	0.054	--	--	0.015	0.169
Threonine	g	0.174	--	--	0.049	0.545
Isoleucine	g	0.234	--	--	0.066	0.732
Leucine	g	0.378	--	--	0.107	1.183
Lysine	g	0.306	--	--	0.087	0.958
Methionine	g	0.097	--	--	0.028	0.304
Cystine	g	0.036	--	--	0.010	0.113
Phenylalanine	g	0.186	--	--	0.053	0.582
Tyrosine	g	0.186	--	--	0.053	0.582
Valine	g	0.258	--	--	0.073	0.808
Arginine	g	0.140	--	--	0.040	0.438
Histidine	g	0.105	--	--	0.030	0.329
Alanine	g	0.133	--	--	0.038	0.416
Aspartic acid	g	0.293	--	--	0.083	0.917
Glutamic acid	g	0.808	--	--	0.229	2.529

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Glycine	g	0.082	--	--	0.023	0.257
Proline	g	0.374	--	--	0.106	1.171
Serine	g	0.210	--	--	0.060	0.657
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0